

Learning The Discipline of Prayer

A Prayer Strategy



A Workbook

12 Biblical Steps of Intercession

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Step 1 – BE STILL

On no other step is it more important to begin and continue to use the 3-minute timer. It is the only way I know of to make myself be still before the throne.



The secret is in the discipline of laying aside everything else until your heart, mind and spirit are quiet before God. God says, “Be still!” The choice to obey him or not is up to you. Obedience begins here.

Let go of “stuff”	Put off your hurry, your lists of things to do, or your anxiety over tomorrow. It is not time for those things. Put them off. Write them down if you must, but put them away. It is time to seek the Lord!
Present yourself	Once you have laid those things aside then you can surrender your empty hands and prepared mind for his use in prayer. Surrender yourself as a living sacrifice to God, holy and acceptable. Lay down on the floor if it helps you to surrender completely to him.
Wait ...	Now be still. Just wait. Listen for the sand falling in the hour glass. Can’t hear it can you? Shhh! Be still. Don’t speak. Don’t think words. Silence! Listen for the heartbeat of God.

Recognize at the start that until you have trained yourself in the discipline of stillness this will not be possible in three minutes. It is more likely to take 15 minutes for the first few weeks. For me as a hyperactive Type A personality, it took about 30 minutes per day during the first weeks. It is not a race. Don’t hurry in or out of the presence of God.

Remember God is waiting for you. God is more interested in this discipline than all the others combined. He wants time with you. This is the most important step. Learn it well. Learn it best. You’ll grow to love this time of stillness so much that you will long for it.

Rest in the Lord. Don’t go on to the next step until your heart is no longer hurried, your mind is quiet, and your will to do is broken, and you are basking in the sunshine of God’s presence. From there you will move naturally into the second step - worship.

Practical Disciplines

1. Make your mind a sanctuary. Make your mind stop its commotion and noise! Listen to the din of confused voices reminding you of duties, tasks and obligations. Then silence them! Your mind is not a noisy playground, it’s a sanctuary. Make it obey you.
2. Slow down! Remember “relax” is the word for “be still” in Hebrew. Consciously loosen the tension of every muscle. It won’t come naturally so work at learning to be quiet! 1 Thessalonians 4:11 “*Study (force yourself) to be quiet.*”
3. Fix your eyes on Jesus - behold the beauty of the Lord. Like the angels in heaven and all creatures before the throne present yourself to God in stillness. Imagine yourself prostrate at his feet before his throne.
4. Take a few deep breaths. At first take long slow deep breaths. Hold it a few seconds. Let it out slowly. Control it! You’ll be amazed at how it begins to quiet your body, which in turn affects thoughts too.

Step 2 – Worship

Alpha and Omega Praise

Praise His name through the alphabet. Lift up and exalt God’s names beginning with A and end with Z. (Alpha and Omega - 26 Praises) Do it together in the congregation. Attempt to give 3-5 on each letter. There are more than 600 names of God and the Lord Jesus Christ in Scripture.

A = _____
B = _____
C = _____
D = _____
E = _____
F = _____
G = _____
H = _____
I = _____
J = _____
K = _____
L = _____
M = _____
N = _____
O = _____
P = _____
Q = _____
R = _____
S = _____
T = _____
U = _____
V = _____
W = _____
X = _____
Y = _____
Z = _____

Group Exercise (10 minutes max)

Simply writing down God’s names may or may not be worship. Worship is exalting His Names together. So let’s do it. In groups of 3 begin to worship the Lord by telling him of his excellent greatness. Exalt his name together.

Discipline

Do not allow yourself to drift into confession, or thanksgiving or petition. This is a time solely to “behold His beauty.”

Step 3 – Give Thanks

“Enter his gates with thanksgiving.”

Thankful Exercises

Enter his gates with thanksgiving and into his courts with praise. Be thankful unto him and bless his holy name. (Psalm 100) Now it is time to celebrate His specific acts, mercies, faithfulness, kindness, benefits, blessings, answers to prayer, and goodness.

<u>General Thanks</u> for all His creation and blessings.	Psalm 139 is an excellent meditation to prime your thanksgiving pump.
<u>Specific Thanks</u> for blessings and benefits to you.	Psalm 103 is a good starting place.
<u>Tearful Thanks</u> for all things - the bad, the ugly, the unwanted.	Make a list of all the bad things you have been bemoaning. List them to God. Ask him to help you believe that he is using that for His glory and your good. Believe him! Read Romans 8:28 and put your heartache into the passage. Turn “all things” into, for example “My financial loss God is working together for good. Believe Jeremiah 29:11 Tell God you believe it! Rejoice in it! It is true!

Thank God for Past, Present, Future

Past Answered Prayers and Blessings

1. _____
2. _____
3. _____
4. _____
5. _____

Bad Things That Have Happened

1. _____
2. _____
3. _____
4. _____
5. _____

Present Circumstances & Blessings

1. _____
2. _____
3. _____
4. _____
5. _____

Promises of What Will Happen

1. _____
2. _____
3. _____
4. _____
5. _____

*Faith is seeing what is not yet visible to the rest,
but what God has already promised.*

Step 4 – Confession of Sin

“If we confess our sins He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” 1 John 1:9

CONFESSION CHECKLIST

(Check up on your own secret sins)

1. Selfish desires _____ James 4:3
2. Secret sins _____ Psalm 66:18
3. Idle words _____ Matthew 12:36
4. Lustful fantasies _____ Matthew 5:28
5. Marriage conflicts _____ I Peter 3:7b
6. Ingratitude _____ Philippians 4:4-8
7. Unforgiving Attitudes _____ Mark 11:25-26
8. Unresolved conflicts _____ Matthew 5:23
9. Doubt _____ Hebrews 11:6a
10. Prayerlessness _____ Hebrews 11:6b / Jeremiah 2:32
11. Indecision & doubt _____ James 1:6
12. Bitterness _____ Hebrews 12:15
13. Rebellion of heart _____ I Samuel 15:23
14. Known disobedience _____ James 4:17
15. Temper _____ Ephesians 4:26-27
16. Anger _____ Ephesians 4:26, 31
17. Impatience with others _____ Ephesians 4:32
18. Murmuring/complaining _____ 1 Corinthians 10:10
19. Lying/saying half-truths _____ Colossians 3:9
20. Strife in your heart _____ James 3:14

There are sins that *"easily beset us"* that serve only to weigh us down and cause us shame and hinder our fellowship with God. (Hebrews 12:1) Each of us has our own set of reoccurring sins. Confession is laying it out before the Lord... for *"all things are naked and opened unto the eyes of him with whom we have to do." (Hebrews 4:13)*

MY BESETTING SINS

(Lord, these are areas I need cleansing and forgiveness!)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 5 – Cl othe Yoursel f In His Armor

Believe God For Your Position In Christ

I Am...

1. _____
2. _____
3. _____
4. _____
5. _____

I Have Been ...

1. _____
2. _____
3. _____
4. _____
5. _____

I Can...

1. _____
2. _____
3. _____
4. _____
5. _____

I Have...

1. _____
2. _____
3. _____
4. _____
5. _____

I Cannot...

1. _____
2. _____
3. _____
4. _____
5. _____

My Sins Have Been...

1. _____
2. _____
3. _____
4. _____
5. _____

SPIRITUAL WARFARE CHECKLIST (DO IT ! Check when you have done it)

- | | |
|-------------------------------------|----------------------|
| 1. <u>PUT ON</u> THE ARMOR OF GOD | _____ Eph. 6:11-18 |
| 2. <u>BE STRONG</u> IN THE LORD! | _____ Eph. 6:10 |
| 3. <u>BIND</u> THE ENEMY | _____ Matt. 18:18-20 |
| 4. <u>RESIST</u> THE DEVIL | _____ James 4:7 |
| 5. <u>CLAIM</u> THE BLOOD | _____ Rev. 12:11 |
| 6. <u>LOOSE</u> THE CAPTIVES | _____ Luke 4:18 |
| 7. <u>PULL DOWN</u> STRONGHOLDS | _____ II Cor. 10:3-5 |
| 8. <u>PUT A HEDGE</u> OF PROTECTION | _____ Ezekiel 22:30 |
| 9. <u>COMMAND</u> HIM TO LEAVE | _____ Matt. 10:1 |
| 10. <u>REBUKE</u> HIM IN JESUS | _____ Matt. 17:18 |

IDENTIFY THE ENEMY'S STRONGHOLDS

(Obstacles, hindrances, sicknesses, oppression, fears, torments, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____

Step 6 – Cast Your Burdens

OK, now it is time to dump your load. What is on your mind and heart? It is not about a prayer list but about your inner longings, your hurts, your pain, your worries, your fears, your anxieties, your family, your finances, your fun, your foolishness, your failures, etc.

Tell God all about it. Unload and leave it here at the foot of the cross. He cares about your worries, your fears, your troubles, your sicknesses, your temptations, your finances, your family, your children, your spouse, your marriage, your job, your tests, your trials, and your needs. There is nothing that you care about that God doesn't care about.

Family Frustrations	Begin with your spouse and your relationship. Are their frustrations? Is there anything that needs to change? Place each family member before the Lord. Name them by name. Tell God about their lives, needs, spiritual condition. Surrender each on to Him.
Fears, Finances	Tell God about your fears, worries, or anxieties. Tell God about your financial concerns, goals, aspirations.
Faults, Failures	Tell God about you. This is not confession, we have already done that. It is time to be naked and honest before the throne.

Exercise (10 minutes max)

Confession is already past but “to one another” is not. It is also time to “bear one another’s burdens and so fulfill the law of Christ.” No one can help you to bear a burden if they do not know what it is. Share your key burdens, worries and fears with your prayer partners as you are able.

Discipline

There will be no time after this point in your intercession to go back to self petitions. This is the time to lay them fully before God so as to NOT take them up again.

Dumping on God is one thing. It is quite another to dump in faith knowing that you are doing it at his invitation because “HE CARES FOR YOU.” So thank him for hearing, being touched with the feeling of your infirmities.”

Promises To Use In Prayer

PRAYER

Isaiah 65:24 ...before they call I will answer...
Psalm 37:4 ...delight in the Lord, he gives desires of your heart...
Psalm 37:5 ...commit your way to Lord, he will bring it to pass...
Jeremiah 33:3 ...call on me and I will show you great and mighty things
Jeremiah 32:17-18 ...you have made heaven...nothing is too hard for you...
Matthew 18:19 ...if any 2 agree...touch...ask, it will be done...

PEACE

Isaiah 26:3 ...keep you in perfect peace...
Isaiah 32:17 ...work of righteousness will be peace...
Jeremiah 29:11 ...the thoughts I think toward you are peace, not evil...
Psalm 37:37 ...the end of the upright man is peace...

PROTECTION

Psalm 91:3 ...he shall deliver from snare, pestilence, terror, arrow...
Isaiah 54:17 ...no weapon formed against you will prosper...
Isaiah 43:2 ...when pass through water it will not overflow you...
Jeremiah 15:20 ...I will make you a steel wall, they will not prevail..
Psalm 5:11-12 ...those who trust you, shout for joy, you defend them...

SUPPLY

Psalm 34:10 ...lions do hunger...but you shall not lack any good thing...
Psalm 37:25 ...I have not seen the righteous forsaken or begging...
Philippians 4:19 ...my God shall supply all your need...
II Corinthians 9:8 ...God is able to make all grace abound to you...

SUCCESS

Joshua 1:8 ...then you shall make way prosperous, and have success
Psalm 1:3 ...whatsoever he does it shall prosper...
Romans 8:28 ...all things work together for good to him...

STRENGTH

Isaiah 40:29 ...He gives power to the faint...
Isaiah 40:31 ...they that wait on the Lord renew their strength...
Isaiah 41:10 ...fear not for I am with you...I will help you
Isaiah 41:13 ...the Lord will hold your right hand...
II Corinthians 12:9 ...my grace is sufficient for you...

DELIVERANCE

Psalm 34:17,19 ...the righteous cry and the Lord hears and delivers from trouble
Psalm 34:7,8 ...angel encamps around those who fear Him...
Isaiah 59:19 ...when enemy comes like flood...Lord will stand against him

DIRECTION & LEADING

Proverbs 3:6 ...In all your ways acknowledge him and he will direct your paths...
Isaiah 30:21 ...you will hear a word behind you saying, 'this is the way, walk in it'
Proverbs 16:3,9 ...commit your way to the Lord ...and your thoughts will be established...
Psalm 37:23 ...good man's steps are ordered by the Lord
Isaiah 58:11 ...the Lord will guide you continually...
Psalm 32:8 ...I will instruct & teach you the way to go...

FEARS

II Timothy 1:7 ...God gave not the spirit of fear, but of sound mind..
Isaiah 41:10 ...fear not for I am with you, I will help you..
Isaiah 41:13 ...fear not I will help you...
Psalm 34:4 ...I sought...He delivered me from all my fears...

SOULS

Psalm 2:8 ...ask of me and I will give heathen for your inheritance...
Psalm 126:6 ...he who sows and weeps...shall bring sheaves with him...
II Peter 3:9 ...Lord is not slack...not willing any should perish...

YOUR CHILDREN

Isaiah 54:11-13 ...all your children will be taught of the Lord...
Psalm 127:3 ...children are a heritage of the Lord...your reward...
Isaiah 59:21 ...my words will not depart out of your seed's mouth...
Isaiah 44:3 ...I will pur out my Spirit on your seed and offspring...
Proverbs 22:6 ...train up a child...when old...he will not depart from it..

WISDOM

Isaiah 50:4 ...Lord gives me tongue of the learned to know how to speak..
Psalm 19:7 ...The law...is perfect...making wise the simple...
Proverbs 1:7 ...Fear of the Lord is beginning of knowledge...
James 1:5 ...lack wisdom? Ask of God that gives liberally to all men...

FORGIVENESS

Psalm 86:5 ...thou Lord art good...ready to forgive...
I John 1:9 ...If we confess our sins, He is faithful...to forgive...all..
Isaiah 1:18 ...though your sins be as scarlet they shall be white as snow
Isaiah 43:25 ...I am He that blots out transgressions...

ABILITY ABOVE IMPOSSIBILITY

Jeremiah 32:17,27 ... Ah Lord God... there is nothing too hard for you...
Philippians 1:6 ...he that began a good work in you will perform it 'til.
Acts 20:32 ...the word of His grace... is able to build you up...
Ephesians 3:20 ...able to exceedingly abundantly...by power in us...
Jude 24 ...able to keep you...present you faultless...

HEALING

Exodus 15:26 ...I am the Lord that healeth thee
Psalm 103:3-4 ...who forgiveth all...healeth all thy diseases...
James 5:15 ...the prayer of faith shall save the sick...
Matthew 8:17 ...He took our infirmities and carried our diseases...

SLEEP

Proverbs 3:24 ...you shall lie down and your sleep will be sweet...
Psalm 4:8 ...I will...sleep for you make me dwell in safety..
Psalm 127:2 ...for so he gives his beloved sleep...

WORD OF GOD

Isaiah 55:11 ...shall not return void...shall accomplish and prosper...
Jeremiah 23:29 ...Is not my word like a fire...like a hammer
Acts 20:32 ...which is able to build you up and give you inheritance
Hebrews 4:12 ...is quick, powerful, sharp, piercing, dividing, discerning..
2 Timothy 2:9 ...word of God is not bound...
2 Timothy 3:16 ...is profitable for doctrine, reproof, instruction...